

MyPyramid Tracker Assignment

DUE: _____



1. Keep a detailed food diary for one day. Make sure to include things you drink (except water), along with the estimated amounts (cups, ounces, tablespoons, etc.) of each food or beverage. Be sure to estimate your portions as accurately as possible.
2. Go to <http://www.mypyramidtracker.gov/>. View the PowerPoint tutorial on MyPyramid tracker (the link is on that page). Register and do the online dietary assessment to see how your one-day diet rates. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance.
3. Submit your Pyramid results page, along with a summary page answering these questions:
 - a. How can you make practical use of this information without becoming too wary about food? (refer to Chapter 13 of Satter's textbook, and the comparison chart on page 54)
 - b. How does your day's Pyramid compare to the recommendations? Summarize what changes you want to make to satisfy your nutritional requirements.
 - c. What ideas can you put into action NOW? List at least 4 strategies that you can (and will) do to eat healthier, and still be a "competent eater".